What is claimed is:

1.  An AutoREC signal multiplex apparatus comprising:

video signal generation means of generating a video signal by recording a video,

indication means of indicating a start of said recording and/or a stop of said recording,

AutoREC signal generation means of generating an AutoREC signal in conjunction with the start of said recording and/or the stop of said recording based on said indication; and

AutoREC signal multiplex means of multiplexing said generated AutoREC signal with said generated video signal.

2.  The AutoREC signal multiplex apparatus according to claim 1, wherein said AutoREC signal multiplex means multiplexes said generated AutoREC signal with said generated video signal at the timing of said indication.

3.  The AutoREC signal multiplex apparatus according to claim 1, wherein said AutoREC signal is multiplexed with a LTC (Longitudinal Time Code) user's bit or a VITC (Vertical Interval Time Code) user's bit of a frame of said video signal.

4.  The AutoREC signal multiplex apparatus according to claim 1, wherein said AutoREC signal has a start mark to be multiplexed with a frame where said recording is started, and a stop mark to be multiplexed with a frame where said recording is stopped.

5. The AutoREC signal multiplex apparatus according to claim 4, wherein said AutoREC signal multiplex means multiplexes said start marks with a predetermined number of frames after the frame where said recording is started.

6. The AutoREC signal multiplex apparatus according to claim 4, wherein said AutoREC signal multiplex means multiplexes said stop marks with a predetermined number of frames before the frame where said recording is stopped.

7. The AutoREC signal multiplex apparatus according to claim 1, wherein said AutoREC signal has recording marks to be multiplexed with frames where said recording is continued.

8. An AutoREC signal multiplex method comprising:

a video signal generation step of generating a video signal by recording a video,

an indication step of indicating a start of said recording and/or a stop of said recording,

an AutoREC signal generation step of generating an AutoREC signal in conjunction with the start of said recording and/or the stop of said recording based on said indication; and

an AutoREC signal multiplex step of multiplexing said generated AutoREC signal with said generated video signal.

9. A program for making a computer execute: the video signal generation step of generating a video signal by recording a video, the AutoREC signal generation step of generating an AutoREC signal in conjunction with the start of said recording

and/or the stop of said recording based on said indication, and the AutoREC signal multiplex step of multiplexing said generated AutoREC signal with said generated video signal; the steps being included in the AutoREC signal multiplex multiplex method according to claim 8.

10. A recording medium which stores the program according to claim 9, wherein the recording medium is computer-processible.